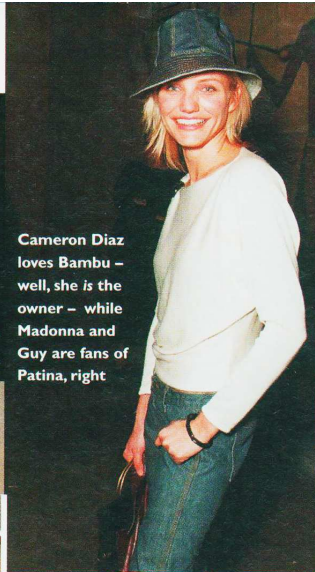


Kate and Naomi are snapped outside Nobu. Its chic interior, right, makes it the place to be seen



Cameron Diaz loves Bambu – well, she is the owner – while Madonna and Guy are fans of Patina, right



DINNER WITH MADONNA

Being a celeb means frequenting the hottest restaurants in town. But what do body-conscious stars order? Sali Hughes checks out their favourite haunts

For a celebrity, dining out can be a risky business – and not just because of lurking paparazzi. No self-respecting star would be seen within three feet of a quattro formaggi pizza. Being in the public eye means having to look good, so they take the business of eating out seriously – carefully scanning menus for calorie-laden sauces and dishes heavy in the dreaded carbs.

While many stars are now employing personal chefs to meet their dietary whims, being seen at the most fashionable restaurants is still a key part of a celebrity's social diary. For stars desperate to stay reed thin, this means being spotted at eateries with plenty of low-fat/low-carb/low-sugar options or, better still, one that's prepared to make any meal especially for them. For others, eating out is a rare opportunity to enjoy otherwise forbidden foods, such as pasta and chocolate puddings. *MCH&B* investigates who eats what and where...

NOBU, LONDON Metropolitan Hotel, 19 Old Park Lane, London W1 (020 7447 4747)

Celebrity clientele: Madonna and Guy, Kate Moss, Tom Cruise, Elle Macpherson, Naomi Campbell, Martine McCutcheon, Nicole Kidman, Elton John and Tony Blair.

Inside info: massive, ultra-modern dining room with minimalist furniture and tableware. Staff wear immaculate Issey Miyake uniforms. Conveniently, celeb-haven the Met Bar is next door.

A-list cuisine: the healthy Japanese menu allows stars to dine out without guilt. Squid pasta with garlic sauce and sushi are both nutritious and low in fat, while black cod in miso, and Peruvian-style chicken skewers provide tasty options for protein-only diners.

What's the damage? Around £53 a head, with wine.

Can't get a table?

Follow in the footsteps of the Met Bar crowd and tuck into Marks & Spencer Teriyaki Chicken Japanese Noodle Box (£3 for 300g) – a healthy, low-cost option.



BAMBU, MIAMI BEACH, FLORIDA 1661 Meridian Avenue, Miami Beach (001 305 531 4800)

Celebrity clientele: Cameron Diaz (she co-owns it), her on-off squeeze Jared Leto, Leonardo DiCaprio, Harrison Ford, and Madonna's friend Ingrid Cesares.

Inside info: relaxed, almost Zen-like interior, with subtle colours and low lights for publicity-shy guests. A 14ft waterfall overlooks celebrities dining in bamboo-decorated, soft suede seating.

A-list cuisine: healthy Far Eastern menu, specialising in rare (and very pricey) Asian delicacies. They include Maine lobster, Thai cucumber salad, soy-lacquered black cod and a huge selection of naturally low-fat sushi made from fish flown in daily from California.

What's the damage? Around £57 a head, without wine.

Can't get a table?

Emulate Cameron's mean, lean shape with Yo! Sushi To Go Bento Box, £4, from Sainsbury's – it's a dead ringer for the dishes at Bambu.



PATINA, BEVERLY HILLS 5955 Melrose Avenue, Los Angeles, California (001 323 467 1108)

Celebrity clientele: Madonna and Guy, Tom Cruise, Alicia Silverstone, Nicole Kidman and Harrison Ford. Patina also caters for Hollywood's most prestigious functions such as the Emmys and the post-Oscars Governor's Ball.

Inside info: modern and sleek with the odd rustic touch. A patio caters for sun-worshipping celebs.

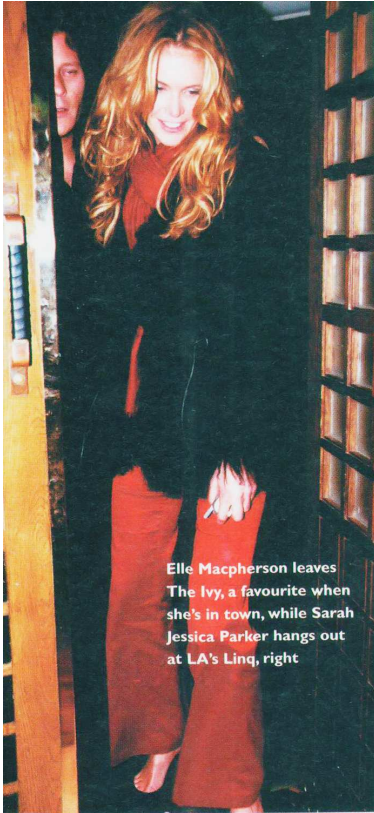
A-list cuisine: award-winning 'California French' menu, using high-quality, mostly organic ingredients. Madonna loves seared hudson foie gras with fresh fig tart and lemon confit. A favourite of Alicia Silverstone is the vitamin-packed fresh vegetable soup.

What's the damage? Around £21 a head, without wine. ▷

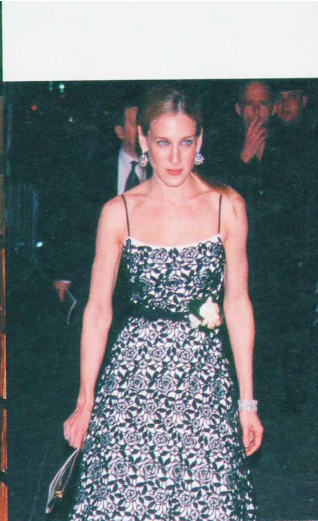
Can't get a table?

Pick up a carton of Joubère Organic Mixed Vegetable Soup, £1.69 for 500g, from Sainsbury's, for a less pricey version of Alicia's favourite.

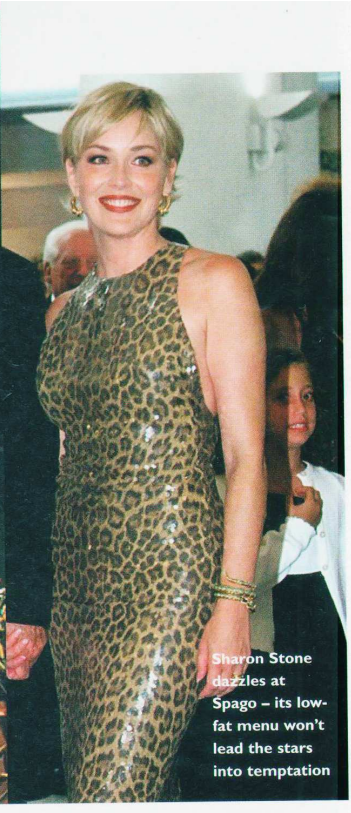




Elle Macpherson leaves The Ivy, a favourite when she's in town, while Sarah Jessica Parker hangs out at LA's Linq, right



Calorie-counting isn't on the menu at The Tea Room, below. Bono emerges looking satisfied



Sharon Stone dazzles at Spago – its low-fat menu won't lead the stars into temptation

THE IVY, LONDON

1 West Street, London WC2 (020 7836 4751)

Celebrity clientele: Madonna, Jennifer Aniston and Brad Pitt, Victoria and David Beckham, Elle Macpherson, George Clooney, Liz Hurley, George Michael, Nicole Kidman and Robbie Williams.

Inside info: the famous corner-shaped restaurant with its stained-glass panels is a showbiz landmark. Intimate and buzzing, it has more stars than an Oscar ceremony – and it's just as hard to get a table.

A-list cuisine: with its traditional and modern British cooking, the stars come here to splurge. They love the fresh, hearty main courses and the deliciously special salads. Madonna's weakness is The Ivy's celebrated sticky toffee pudding.

What's the damage? Around £47 a head with wine.

Can't get a table?

Even iron-willed Madonna can't resist a tempting dessert, so treat yourself to Asda's Syrup Sponge Puddings (92p for two).



LINQ, LOS ANGELES

8338 W. 3rd Street, Los Angeles, California (001 323 655 4555)

Celebrity clientele: Sarah Jessica Parker and the *Sex And The City* girls, Reese Witherspoon, Lisa Kudrow, Elle Macpherson, Melanie Griffith and Antonio Banderas.

Inside info: Linq's sleek, trendy interior made *Sex And The City*'s Carrie Bradshaw declare it 'the hottest restaurant in town'.

A-list cuisine: a typical celeb meal starts with crab cakes with sweet-roasted corn relish, followed by sizzling catfish and organic baby greens. Desserts threaten to break the strictest Hollywood diet with temptations such as brioche and brownie bread pudding on offer.

What's the damage? Appetisers and desserts around £4 to £10. Main courses £10 to £20.

Can't get a table?

Recreate a popular Linq starter with Marks & Spencer's delicious Café Culture Crab Cakes with Sweet Chilli Sauce (£2.99), for a taste of LA minus the air fare.



THE TEA ROOM AT THE CLARENCE HOTEL, DUBLIN

6-8 Wellington Quay, Dublin (003 531 407 0800)

Celebrity clientele: Kate Moss, U2 (Bono and The Edge part-own it), Sandra Bullock, Naomi Campbell, John Travolta, Michael and Catherine Zeta Douglas.

Inside info: the 30ft-high Tea Room has huge Victorian windows, and the mezzanine overlooking the booths is perfect for star-spotting.

A-list cuisine: traditional Irish food with a modern twist. Low-carb regimes are relaxed in favour of hearty dishes such as roast wing of skate with mashed potatoes, roast shallots and thyme. Desserts include caramelised banana crepe, maple sauce and ginger biscuits.

What's the damage? £36 for a three-course meal.

Can't get a table?

M&S Count On Us Potato Mash with Cabbage and Spring Onion, £1.69 for 450g, is a low-fat version of The Tea Room's Irish classic.



SPAGO, BEVERLY HILLS

176 North Canon Drive, Beverly Hills, California (001 310 385 0880)

Celebrity clientele: anyone who's anyone, including Sharon Stone, Michael and Catherine Zeta Douglas, Leonardo DiCaprio, Kim Basinger and Sandra Bullock.

Inside info: funky interior and huge outside dining area for alfresco power lunches. The original Spago featured a dingy back room nicknamed 'Siberia', where dwindling stars were seated.

A-list cuisine: Spago is the home of the 75-calorie lunch – rare grilled tuna with wasabi potato purée, plum wine black pepper glaze and shallots. It also serves the legendary egg-white omelette, now a staple of the celebrity diet.

What's the damage? Expect to pay £21 a head, without wine. ■

Can't get a table?

Take your inspiration from Spago's famous lunch and try Sainsbury's Chargrilled Tuna Steaks in Olive Oil, Coriander & Lemon Marinade (£2.99 for two).



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